

DAY OFF

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housekeeping
10:30-10:35	CDR	Demate Display and Control Panel (DCP) power supply
10:45-12:15		Physical Exercise (RED)
11:30-13:00	FE-1	Physical Exercise (TVIS) day 1
12:55-13:00	CDR	Calldown TEPC display data
13:00-14:00		LUNCH
14:00-14:30		Weekly planning conference (<i>S-band</i>)
14:40-15:00		ISS crew / Program management weekly conference (<i>S-band</i>)
15:00-15:30	FE-1	COX maintenance
15:00-15:15	CDR	Reboot all PCS (once a week)
15:15-15:20		Reboot SSC OCA router
15:30-16:20		Transfer of LEMS (Low Extremity Monitoring System) kit: FOOT experiment: Foot ground forces during space flight
17:15-18:15	FE-1	Physical Exercise (VELO + Force Loader/cycle 1) day 1
17:15-18:15	CDR	Physical Exercise (CEVIS)
18:15-18:20	CDR	TVIS/RED/HRM data transfer to MEC
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	MOLNIYA-SM. Data copying to HDD
		MOLNIYA-SM. LSO hardware disassembly

Note: See OSTP for references to US activities
End of radiogram